

The invention claimed is:

1. A back plate assembly comprising:
 - a body having a first side and an opposed second side, the body further having a first edge and an opposed second edge that defines the length of the body, the body also having a third edge and an opposed fourth edge defining a width of the body, the body still further having a groove in the second side that extends the width of the body from the third edge to the fourth edge, the groove configured and arranged to receive a portion of a post of a sliding engagement member; and
 - a roller rotationally coupled proximate the second edge of the body, the roller having a length and diameter, the roller having a longitudinal axis that extends along the length of the roller, the longitudinal axis of the roller further positioned parallel to the groove.
2. The back plate assembly of claim 1, further comprising: a pair of spaced ears extending from the second edge of the body, each ear having an ear passage, the ear passages of the ears being aligned;
 - the roller positioned between the pair of spaced ears, the roller having a central roller passage that is aligned with the ear passages of the pair of ears; and
 - a fastener passing through the ear passages and the central roller passage to rotationally couple the roller to the body.
3. The back plate assembly of claim 1, wherein the first side of the body includes a plurality of ridges.
4. The back plate assembly of claim 1, comprising:
 - the body further having a first flared opening to the groove in the third edge and a second flared opening to the groove in the fourth edge.
5. The back plate assembly of claim 1, further wherein, the body having a first section and a second section, the first section positioned proximate the first edge of the body and the second section positioned proximate the second edge of the body, the first section of the body having a first width and the second section having a different second width.
6. The back plate assembly of claim 5, wherein the first width is greater than the second width.
7. The back plate assembly of claim 1, further comprising:
 - the body further having a central recess located within the groove; and
 - a biasing member received within the central recess.
8. The back plate assembly of claim 1, wherein the groove is located closer to the second edge of the body than the first edge of the body.
9. A fall protection assembly comprising:
 - an outer strap;
 - an inner strap;
 - at least one connector adjustment assembly including,
 - a back plate assembly having a body, the body having a first side and an opposed second side, the body further having a first edge and an opposed second edge that defines the length of the body, the body also having a third edge and an opposed fourth edge defining a width of the body, the body still further having a groove in the second side that passes along the width of the body,
 - a roller rotationally coupled proximate the second edge of the body, and
 - a sliding engagement member, the sliding engagement member including,
 - a first post configured and arranged to be at least partially received within the groove of the body such that the first post positions the first side of the back plate to engage the outer belt, and
 - a connecting head coupled to the first post;

- a first carabiner engaging the connecting head, the inner strap selectively received within the first carabiner;
 - a connector having a first portion statically coupled to the outer belt and a second side slidably coupled to the inner belt;
 - a second carabiner slidably coupled to the inner strap; and
 - a third carabiner statically coupled to an end of the inner strap, the second and third carabiners configured and arranged to couple the fall protection assembly to a safety harness of a user.
10. The fall protection assembly of claim 9, wherein the at least one connector adjustment assembly further comprises:
 - a pair of spaced ears extending from the second edge of the body, each ear having an ear passage, the ear passages of the ears being aligned;
 - a roller positioned between the pair of spaced ears, the roller having a central roller passage that is aligned with the ear passages of the pair of spaced ears; and
 - a fastener passing through the ear passages and the central roller passage to rotationally couple the roller to the body.
 11. The fall protection assembly of claim 9, wherein the at least one connector adjustment assembly further comprises:
 - the first side of the body includes a plurality of ridges; and
 - the body further having a first flared opening in the third edge to the groove and a second flared opening in the fourth edge to the groove.
 12. The fall protection assembly of claim 9, wherein the at least one connector adjustment assembly further comprises:
 - the body having a first section and a second section, the first section positioned proximate the first edge of the body and the second section positioned proximate the second edge of the body, the first section of the body having a first width and the second section having a different second width, the first width being greater than the second width.
 13. The fall protection assembly of claim 9, wherein the at least one connector adjustment assembly further comprises:
 - the body further having a central recess located within the groove; and
 - a biasing member received within the central recess.
 14. The fall protection assembly of claim 9, wherein the sliding engagement member further comprises:
 - a second post;
 - a first side plate;
 - a second side plate, the first post and the second post extending between the first plate and the second plate in a spaced fashion such that the passage is formed by the first post, the second post, the first side plate and the second side plate, the outer belt passing through the formed passage; and
 - the connecting head extending from the second post.
 15. The fall protection assembly of claim 9, wherein the connector further comprises:
 - a first section having a generally rectangular shape;
 - a second section coupled to the first section, the second section having generally a rounded rectangular shape; and
 - a third section coupled to the second section, the third section having generally a half circular shape.
 16. The fall protection assembly of claim 9, wherein the first carabiner further comprises:
 - a body having an opening;
 - a gate to selectively close the opening;
 - a plurality of spikes positioned along the body;
 - a closed attaching portion coupled to the body, the closed attaching portion having at least one passage shaped to accept a shape of a strap.